

Basic Encampment & Region Cadet Leadership School 2011

Required Staff Training II

5-6 March 2011

Team Building

C/CMSgt Brian Yashinski

BE2011 C/Commander Lt Serenity Fung led a session on Saturday morning (5 March) on team building, in which was discussed the difference between a "group" and a "team." The discussion focused mainly on the four stages that occur as a "group" becomes a "team," including *forming*, *norming*, *storming*, and *performing*. A group first forms when it meets. They then "norm," or decide how they will operate. Sometimes, when a conflict arises, there's a possibility of the group "storming," resulting in conflict within the group itself. The group eventually becomes a team when they start to work well together, *i.e.*, "performing." Lt Fung stated that these stages typically don't occur in a linear fashion; it is possible that the group could skip a stage or move back a stage. These four stages will be quite evident during encampment, where a flight will go from being just a group to becoming a team in merely a few days. This class was supplemented by team building exercises led by Lt Ryan Mullins, the Cadet Deputy Commander for the RCLS.

Customs & Courtesies

C/SrA Griffin Endress

Another important session on Saturday morning was the refresher class on military customs and courtesies, presented by BE2011 C/XO Lt Robinson Fernandez. Lt Fernandez pointed out that the cadet staff have to be experts on how to properly perform all of the many intricate parts of CAP's customs and courtesies, especially with regard to respect for one's superiors and the flag. The basic cadet will learn a great deal at encampment, with customs and courtesies being the most obvious example of his/her gained knowledge. It's not enough to wear the uniform properly; the cadet must also know how to act in that uniform. There was also much discussion on "what if" scenarios, such as – what do you do if you must speak with a superior who is standing under the flag? Answer: You salute both the flag and the officer at the same time. Without a doubt, we will all take what we learned back to our squadrons and share the knowledge.





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A Splash on Staff C/SrA Brett Martin

The staff took a very different approach to team building during the March RST. We traded in our notebooks, pens and pencils for flip flops and swimsuits as we visited the Joint Base McGuire-Dix-Lakehurst pool on Saturday. We had plenty of fun while enjoying the exercise. Many of us participated in water polo, which is a lot harder than it seems. Some of us launched ourselves down the water slide, achieving jet-like speeds. By the end of the day, everyone had smiles on their faces. Yes, we all enjoyed ourselves, and we got to know each other better.

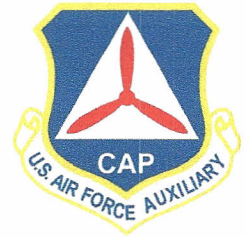
The Saying of the Day:
“One Staff, One Family!”



Public Speaking C/CMSgt Stephen Fung

One of the quintessential focuses of the Civil Air Patrol is public speaking; indeed, a speech is required for a Non-Commissioned Officer to become a 2nd Lieutenant. As such, this subject was divided into two parts, one taught by C/CMSgt Benjamin Ingis, the other by C/CMSgt Nicholas Vaccarella, part of the RCLS Cadet Staff.



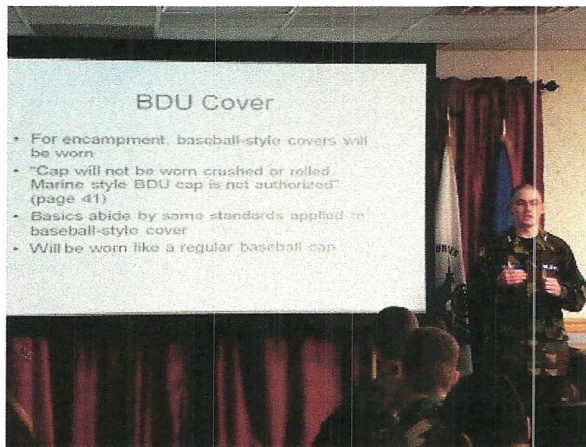


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They taught different techniques in how to capture the attention of the audience: using a subtle mixture of voice projection, hand gestures, eye contact, and situational awareness. The cadet staff, while learning that public speaking is the number one phobia (even before death), discovered ways to circumnavigate that fear and become admirable speakers themselves. These classes provided a unique outlook on how to speak without fear and gave all the cadet staff an understanding of public speaking, which is a subject that will be indispensable to them during Basic Encampment, at their home squadrons, and even in their future endeavors.

the three cadet uniforms. It was an in-depth discussion, which information we will use to not only assist the basic cadets at encampment, but to also bring back to our squadrons. As cadet staff for encampment, it is imperative that we lead by example.

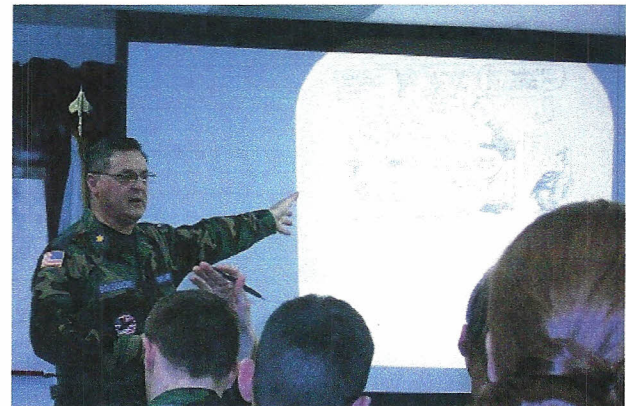
We wish to thank all the staff of Joint Base McGuire-Dix-Lakehurst, without whom we could not have made the success of these RSTs possible.



Uniform Class

C/SrA Griffin Endress

During the course of the weekend the cadet staff learned about proper uniform wear. The class was presented by the Standards & Evaluations Officer in Charge (OIC) C/Capt Ryan Mellody. The class consisted of a Power Point presentation from the CAP uniform manual on how to properly and proudly wear



Myers-Briggs Personality Traits

C/CMSgt Brian Yashinski

On Sunday (6 March), BE2011 Deputy Commander Maj Paul Bolognone presented a session on Myers-Briggs. Myers-Briggs is an instrument for identifying personality traits, and to make one aware of one's own

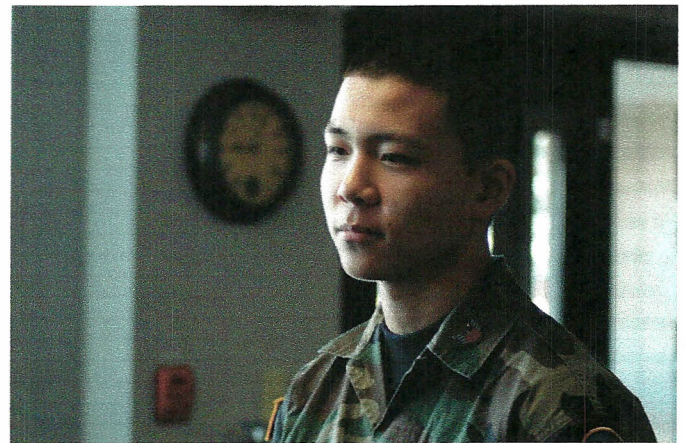


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self preferences. Personalities are organized into four traits, with two preferences in each. The preferences are structured as:

Extroversion →← *Introversion*
Sensing →← *Intuition*
Thinking →← *Feeling*
Judging →← *Perceiving*

Every individual embodies a trait that s/he tends to display, as well as a preference in that trait. No one trait or preference is superior to the other, and many factors go into determining one's personality trait and preference. How you experience life with your natural trait determines whether you will lean towards a strong or mild preference. Also, you can develop your least preference side over time. It was an interesting session because we saw clearly how different personalities handled the same task. For example, two different personality groups went to the front of the room and were asked to look at a box and discuss it. The responses from each group were completely different, with neither being better nor worse. This was one of the most intuitive and insightful sessions of the weekend, allowing us to understand each other's personality types better so we can improve our skills in communicating and working together as a group.



The PAO Staff for BE2011 --

C/CMSgt Stephen Y. Fung (OIC)

C/SrA Griffin Endress

C/SrA Brett Martin

C/SMSgt Francis Illuzzi

C/CMSgt Brian Yashinski (IT)

Senior Mentor: 1st Lt Jaqlyn Burckhardt



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